



# BROOKLYN\_BORN

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## Look, I have a complete rainbow now!

Monday, February 02, 2015



Last week I wrote that my plate was all shades of orange and resolved to add green. Ending my first successful week, this dinner includes my turkey meat loaf, sweet potatoes, carrots, peas (frozen) and organic 50/50 greens. The red stuff is a tablespoon of organic salsa.

I have even included a serving of salad greens at every lunch. Mixing them up with 3 black olives and a cut-up cheese stick (which I would have eaten anyway) plus the salsa makes me feel less like a nibbling rabbit.

Of course DH looks at me in amazement since that salad goes along with my baked omelet (1/12 of a baking dish) and 2 pierogy (my ethnicity is showing) topped with ¼ cup of organic Greek yogurt (tastes like the sour cream topping of my childhood). You're eating ALL THAT?

Last week I wrote that 'it's not easy being green' but now that it's in my tracker, it's a lot easier. Calories: 282 (carbs-30g, protein-24g, fiber-4g and fat-8g with 2.8g of it saturated).

Assorted notes: (just to explain my personal choices)

I know that 30 carbs at one meal probably seem like a lot to low carb sparkers, but I'm the 'carb queen.' Low for me is staying under 200g. Somehow, it works for me.

Organic greens: I actually had a discussion about this with another customer while standing in the produce section. The organic choice cost \$1 more per container than the regular variety. Since I get about 6 servings from the container, that's 33 cents per day. I'm worth that.

Organic yogurt: As I observe children maturing at ever younger ages, I decided years ago that the hormones in dairy can't be good for anybody. So again I'm voting with my pocketbook.

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The placemat in the photo is of Nuremburg, Germany. Whenever available, we always buy a placemat of the cities we visit during our travels. It adds nice memories to our mealtimes.

Changes like this are one more reason I stay active on Spark, 5 years into maintenance. I always find something I can improve on.

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**1STBUCKETITEM**



inspirational to see that even though you are on maintenance, you can always find a

new solution to helping yourself to stay at goal.

2316 days ago



**BBEAGAN**

Hey, you did it! Way to go!

2320 days ago



**PHEBESS**

Looks good - love adding green to just about everything, it makes me feel virtuous!

2320 days ago



**MARYJEANSL**

Very impressive! I am always trying to get more veggies into my meals (not a fruit person most of the time), but it is very tough.

2320 days ago



**DOVESEYES**

A great rainbow of taste as well as colours. I must admit I'm a little jealous of you being able to eat carbs, but I'm glad you can. You are such an inspiration to me.

2320 days ago



**CD4114015**

I sure need to take a lesson from you here! I have never done this...rainbow! I need to definitely try harder and your turkey meatloaf sounds so good to me right now! Thank for

SHARING!

2320 days ago



**PHOENIX1949**

Well Done!

2320 days ago



**LIVEDAILY**

Beautiful!! Looks good enough to eat! Oh, wait, you did that!



I know what you mean about carbs. I crave them like nobody's business, so I make it my business to try to eat healthy carbs as often as possible, with occasional forays into mashed potatoes and pierogis.

2320 days ago



**WALLAHALLA**



yum

2320 days ago





**NANCYANNE55**  
Beautiful, colorful plate!

I buy all of the dairy, meats, and produce organic that I can afford to. Processed stuff I don't worry about so much, since it's been mushed and smooshed to death, anyhow.  
2320 days ago



**GIVEUP30**



look like a healthy meal...something I would really eat too.  
2320 days ago



**DR1939**



My mother would be very proud of you.  
2320 days ago



**MILLEDGE2**



You ALMOST convinced me to follow your lead!  
2320 days ago



**WILSONWR**



You have really made the best of Spark People. Congratulations on all of your successes through the years!  
2320 days ago



**LINDAKAY228**



Very nice looking plate. Salsa is my favorite dressing for salads. Adds a little vegetable too and adds to the meal with it's spiciness.  
2320 days ago



**SYLPHINPROGRESS**



Curious about what you mix into the ground turkey. I make turkey loaf that started out to be rather traditional. Lately it's become more adventurous and I think I like it -- I mix in some Trader Joe's Corn Salsa and refried black beans.

Somewhere here I may or may not still have a 'set' of four 'different' placemats purchased at Hearst Castle circa 1970.  
2321 days ago



**ONEKIDSMOM**



Very attractive plate! We eat with our eyes first, right?  
2321 days ago



**MISCHAKEO**



Nice job on adding greens and making an attractive rainbow., There is always something to learn from Spark!  
2321 days ago



**GINIEMIE**



Miam, miam. Looks good, sounds good-I found out I like pierogy a few years ago but I don't make it and I don't buy it. I do eat it when I'm at someone's house who serves it. I know what you mean, I'm not in maintenance but I'm approaching a 5 yr Sparkvesary in about two months. I keep finding ways to be better, to eat better and to try different things. Have a Blessed Candlemas

Day/Presentation of the Lord Day.



2321 days ago



**GARDENCHRIS**



looks good.  
2321 days ago

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